

## Chronic Diseases

### How Can a Doctor Help?

1. Do not wait for symptoms to appear! Get regular checkups. Have your doctor check you for chronic diseases. If you know you have a chronic disease you can take care of it and stay healthy.

#### **What does this mean for you?**

How often do you have checkups? When should you have your next checkup?

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2. Tell your doctor about people in your family who have chronic diseases. If someone in your family has a heart attack, tell your doctor and add it to your family health history.

#### **What about you?**

What people in your family have had chronic diseases?

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3. Doctors need to see you more often if you have a chronic disease. Ask your doctor how often you need to get regular checkups. Ask what to do if you have new symptoms. Ask how to recognize emergency symptoms.

#### **What should you do?**

Do you have a chronic disease? If yes, how often should you see the doctor? What should you do if you have new symptoms or an emergency?

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4. Doctors need to know if something they ordered is or is not helping your symptoms. Keeping you healthy takes team work and the doctor often has many different medicines and treatments plans he or she can try until you find the one that works best for you. Be sure to tell your doctor how you are feeling with you start a new medicine or treatment.

**What is your experience?**

Have you taken a medicine that you do not like? Do you want to try a treatment plan without medicine? Do you have a medicine that helps you?

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Did you talk to your doctor about your medicine or treatment? What did your doctor say? If you have not talked to your doctor yet, when can you talk to him or her? What can you say?

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